



State of Connecticut  
Department of Emergency Services and Public Protection  
Commission on Fire Prevention and Control  
**Connecticut Fire Academy**



July 27, 2020

Chiefs and Training Officers,

The Recruit Firefighter Program - Class 66 Fire Department Registration and Recruit Application packets now are available on the CFPC web site.

Please read and review all of the Registration and Applicant information carefully and thoroughly.

Cost of the program is now **\$6,685.00**

The **Fire Department Registration Packet** is required to be received at the Academy **no later than August 17, 2020.**

The seven pages of the Registration Packet are the only documents needed to be sent to the CFA five business days prior to the start of the class.

The **Recruit Applicant Information Packet** is required to be completed and hand delivered by the Recruit along with the original/signed Fire Department Registration Packet and documents listed below on the **first day, August 24, 2020.**

Copy of CPAT (Candidate Physical Ability Test) Certification

Copy of EMS training Certification/License (EMR/EMT/EMT/P)

Copy of CPR/AED Certification

Copy of Fit Testing Information (if available)

Completed Self-Administered Physical Fitness Test

### **Attendance Requirements**

The Recruit Firefighter Program will require Class 66 to reside at the academy Sunday through Friday. Recruits will be in a "lock down" policy where they will not be allowed to leave the campus while occupying during the program. Meals will be provided throughout their stay and visitors will be prohibited during the evenings. All recruits should be encouraged to practice the recommendation of the State's Pandemic response when dismissed for the weekends. Missing any of significant time in the program will jeopardize the contact hours' requirement of the Recruit Firefighter Program.

Contact Program Manager Eric Munsell if there is a known event that may interfere with a recruit's ability to meet the Recruit Firefighter Program's contact hour requirements.

### **Point of Contact Information**

In addition to contacting the department for routine and emergency issues, Point of Contact information is required for the purpose of providing feedback, requests and sharing of information regarding the Recruits participation and equipment. At no time can the Fire Academy provide information to anyone not listed on the Fire Department registration as the Chief of the department and Point of Contact or otherwise provided for with written permission from the Fire Chief.

Please provide Point of Contact Information of the person(s) that will have supervisory oversight of the Recruit during the Program.

### **COVID-19 Test**

To prevent the transmission of the COVID-19 virus and diagnose those who may be asymptomatic, a Rapid COVID Test need to be performed prior to reporting for training. Each Recruit will be required to be tested **no sooner than Wednesday August 19<sup>th</sup> and with results by Saturday August 22<sup>nd</sup>**. The Recruit will be required to hand deliver their PASSED test results upon arrival. A copy of the results will be hand delivered by the Recruit during the Sunday evening August 23<sup>rd</sup> Sign in.



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### **CPAT and the Self-Administered Physical Fitness Test**

Years ago the Recruit Firefighter Program had made CPAT a prerequisite to attend, and most recently the Program assisted with developing and implementing the Connecticut Firefighters Health and Safety Consortium's Physical Fitness Preparation Guide and Baseline Fitness Standards for candidates to prepare for a Recruit Program. These two initiatives ensure that candidates are physically capable to be trained as a firefighter and meet fitness standards that will prepare the candidates for the physical rigors of Recruit training and their career in the fire service.

#### **Candidate Physical Abilities Test (CPAT)**

The Recruit Firefighter Program Registration section requires a current CPAT card within two years of the start of the program. The Connecticut Fire Academy recognizes that some departments have extended that time to greater than two years as an application prerequisite in order to expand the pool of candidates. CPAT is required, but please contact the Program Manager in the event your candidate's CPAT card is older than two years.

Please provide a copy of the most current CPAT for the first day of the program.

#### **Connecticut Firefighters Physical Fitness Assessment and Preparation Guide**

Of the four main areas of training and testing, **Work Capacity** in the environmental circumstances in which they will perform has the most potential to undermine a Recruit's success.

Not being physically prepared for the rigors of the profession while acclimated to the environment always leads to poor academic performance (too tired to study), poor skill proficiency (too exhausted to concentrate and perform properly), and a poor attitude about the training program (too stressed to appreciate the importance of the program demands). These are minor in comparison, however, to how a lack of physical work capacity and physical readiness can contribute to injury and death on the training or fire ground.

Prospective Recruits must have a strong understanding of the demands of the Recruit Firefighter training program in its entirety, and prepare to arrive as the occupational athlete that the profession requires.

The Connecticut Firefighters Health and Safety Consortium's and the Physical Fitness and Preparation Guide and Self-Administered Physical Fitness Test has been included in the Recruit Firefighter Program application section for the past three classes with the intent of preparing the candidates for the obvious inherent physical risks of not being adequately prepared for both training and the beginning of a tremendously demanding profession.

Please have your candidate complete the Self-Administered Physical Fitness Test and document **prior** to the first day of the program.

#### **Acclimatization to the Training Environment**

To perform firefighter training and work in the weather conditions at the start of a Recruit Class may require weeks of preparation depending on condition and acclimatization to the heat or cold of the recruit.

For the safety of the Recruit, any potential or new hire should be provided a copy of this document 6-8 weeks in advance to the start of a class.

#### **SCBA Fit Testing**

Please check the appropriate box regarding Quantitative SCBA Mask Fit Testing. In the event the Fire Department cannot administer their Fit Test the CFA will test your Recruit at your request.

A copy of the Fit Test results should be brought in with the Recruit on the First Day.

Checklists are provided on the CFPC website to assist the department with completing the Fire Department Registration, and the Recruit Application. Your attention to detail with these checklists will ensure that the Recruit arrives prepared and with the necessary equipment and items.